



Difficulty level ★★★☆

Core skill: 1v1

# WARM UP

## Beginning activity

### Beginning Activity (Diagram A)

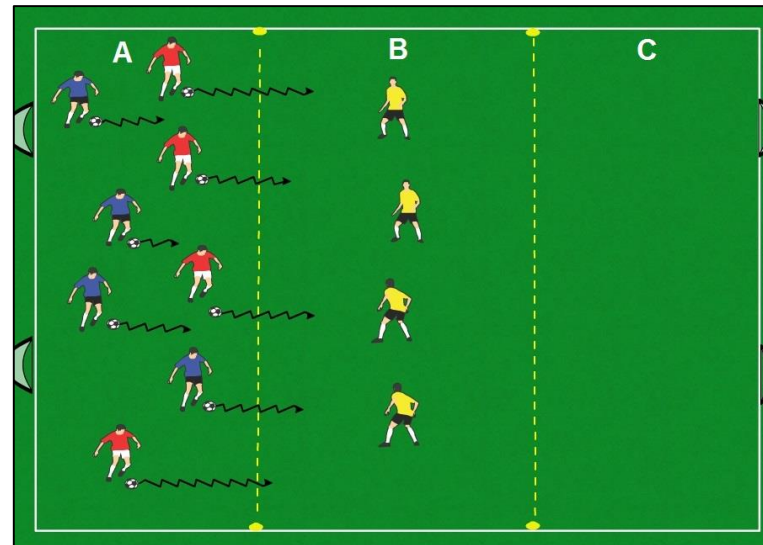
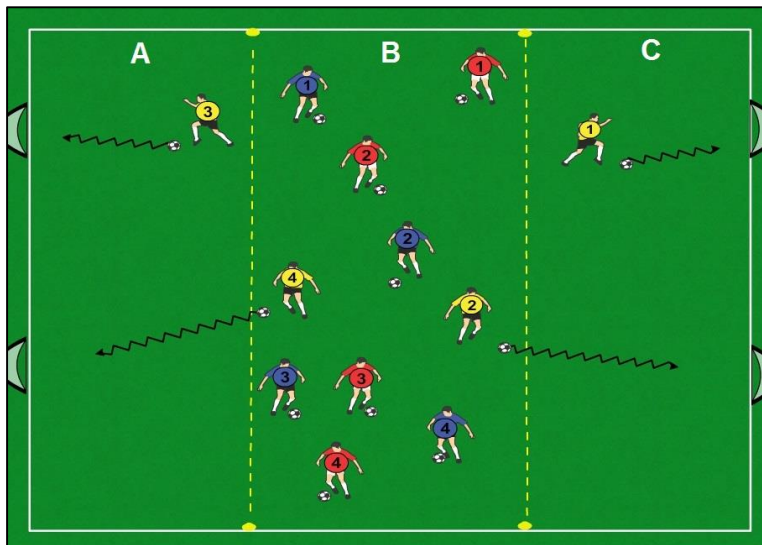
Players begin by dribbling freely inside Grid B, when a coach calls out a colour (i.e. "Yellow") the yellow players will accelerate into Grid A or C and pass into one of the goals.

The coach can also number players in each team 1 to 4 and then call out a number (i.e. One) Number one from blue, red and yellow accelerate into Grid A or C.

### Concluding Game (Diagram B)

One team is positioned inside Grid B and are the defenders (yellow) while the other eight players (red & blue) have a ball each and begin in Grid A.

The defenders must eliminate runners by kicking the balls out of grid B, while the runners attempt to run with their ball through Grid B and into Grid C without losing their ball.



### Set Up

**Area:** Set up a field approx. 20m wide by 35m long. Grids A and C 20m x 10m, grid B 20m x 15m, with two pop up goals on each byline.

**Players:** The players are divided into 3 groups of 4 players.

**Beginning Activity:** All players have a ball each and start inside Grid B.

**Concluding Game:** Two teams have a ball each and begin in Grid A, while one team defends in Grid B without a ball.